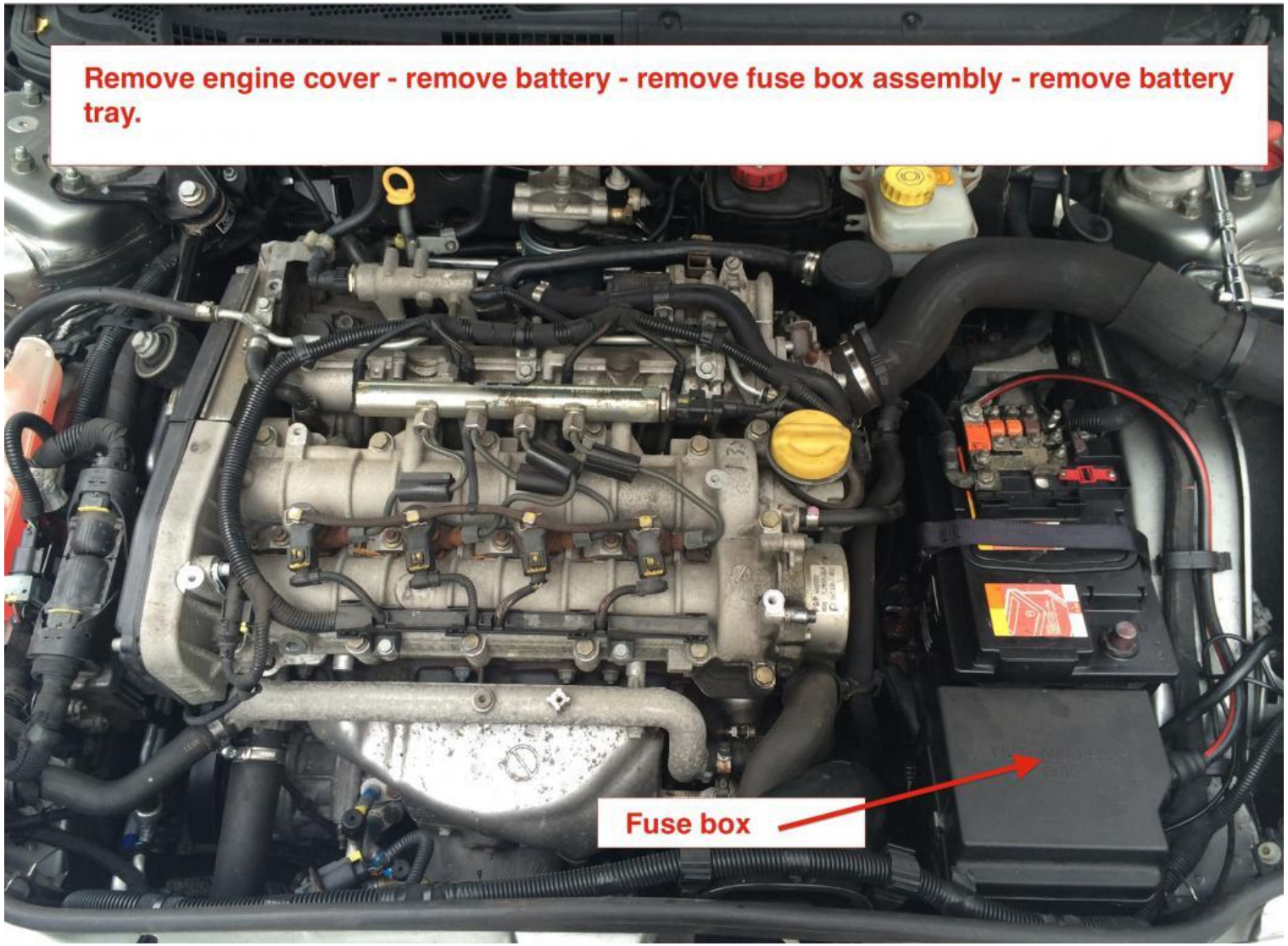
Remedy Stiff/Heavy Clutch - GT JTDM

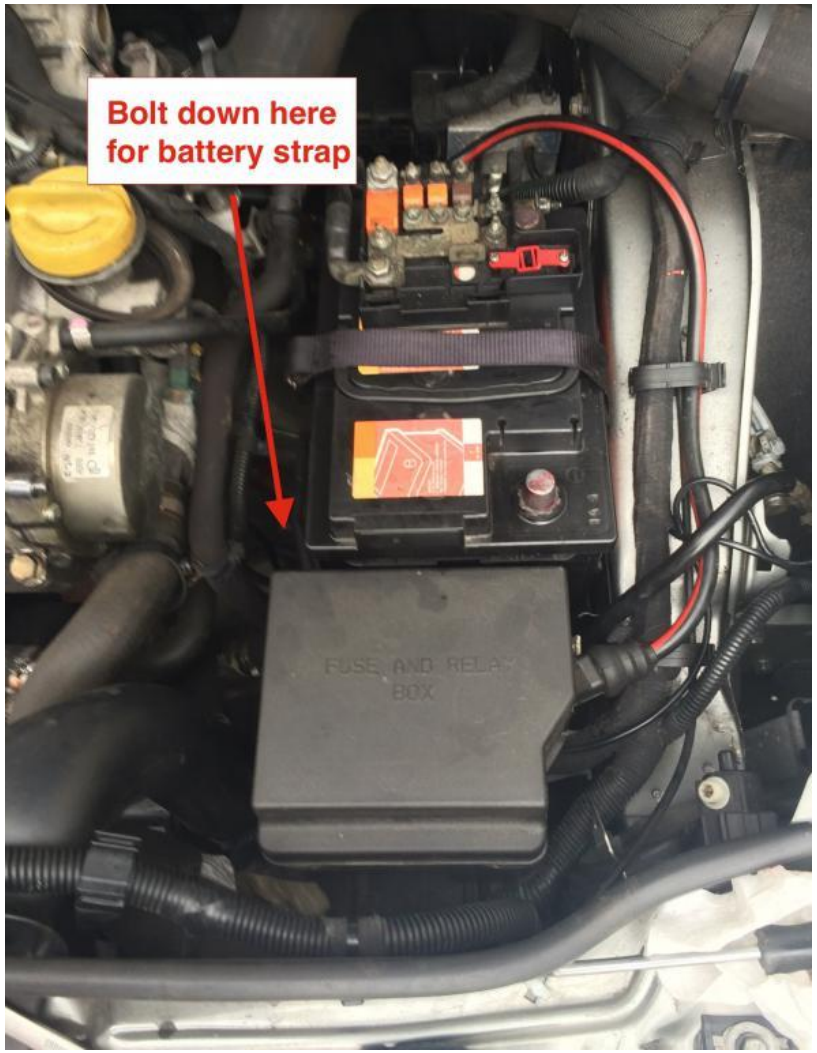
Originally posted by 'Daytona' – AlfaOwner.com

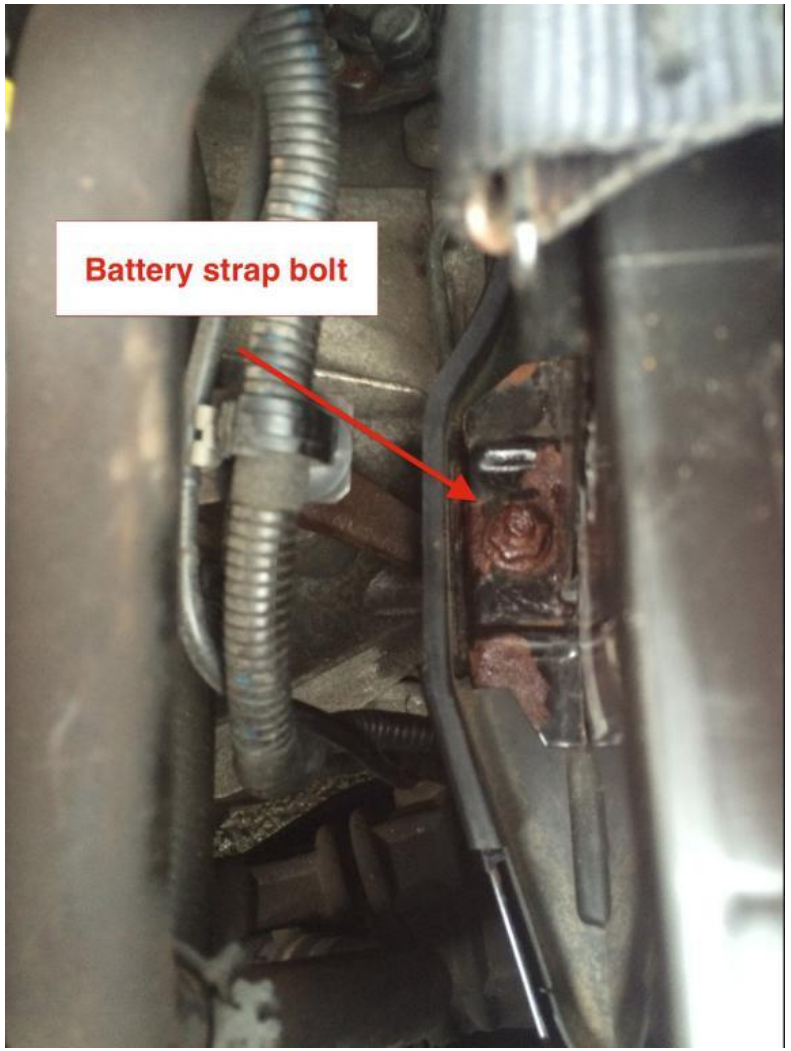
1. Remove engine cover



Remedy Stiff/Heavy Clutch - GT JTDM

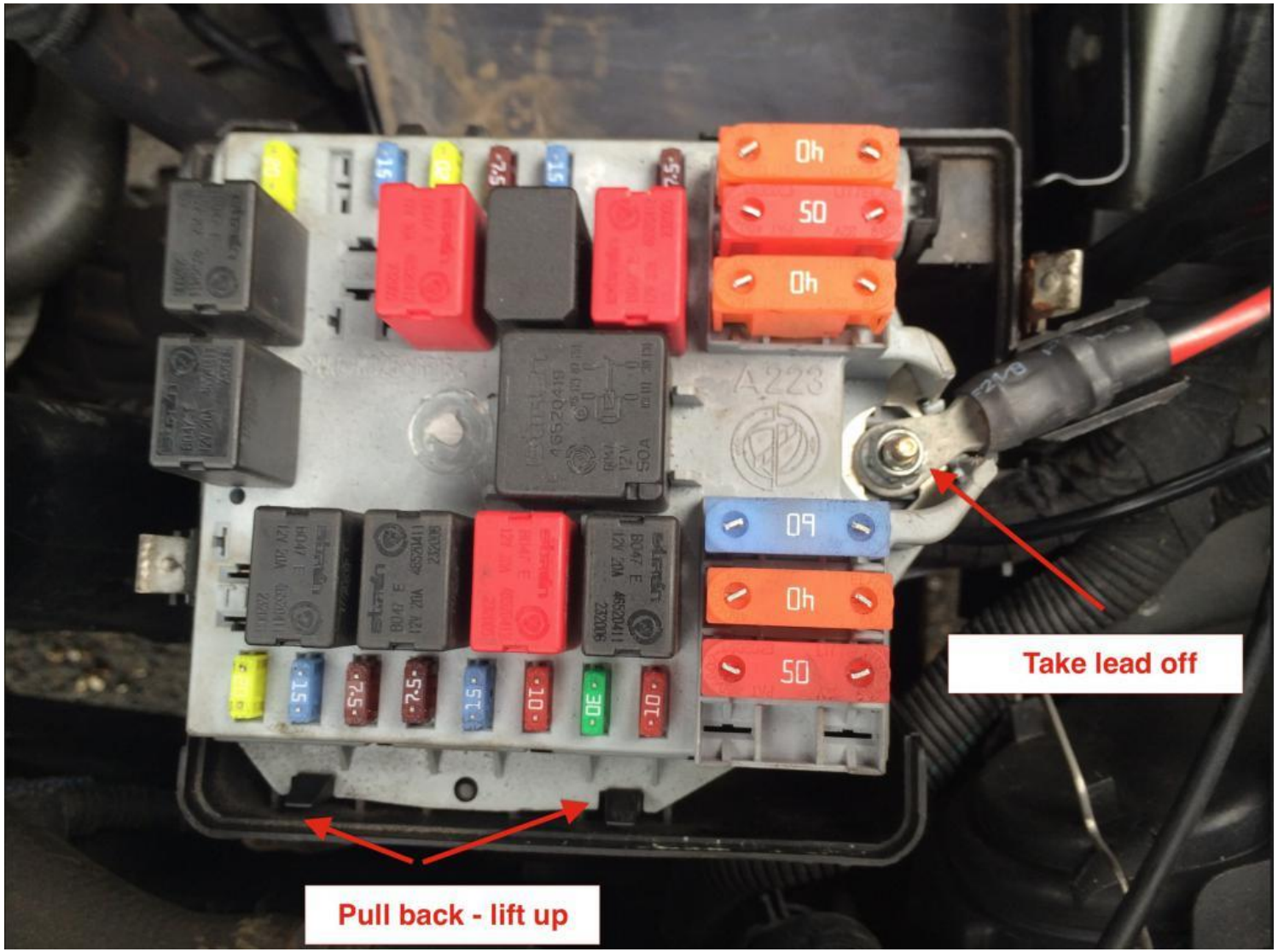
2. Remove battery





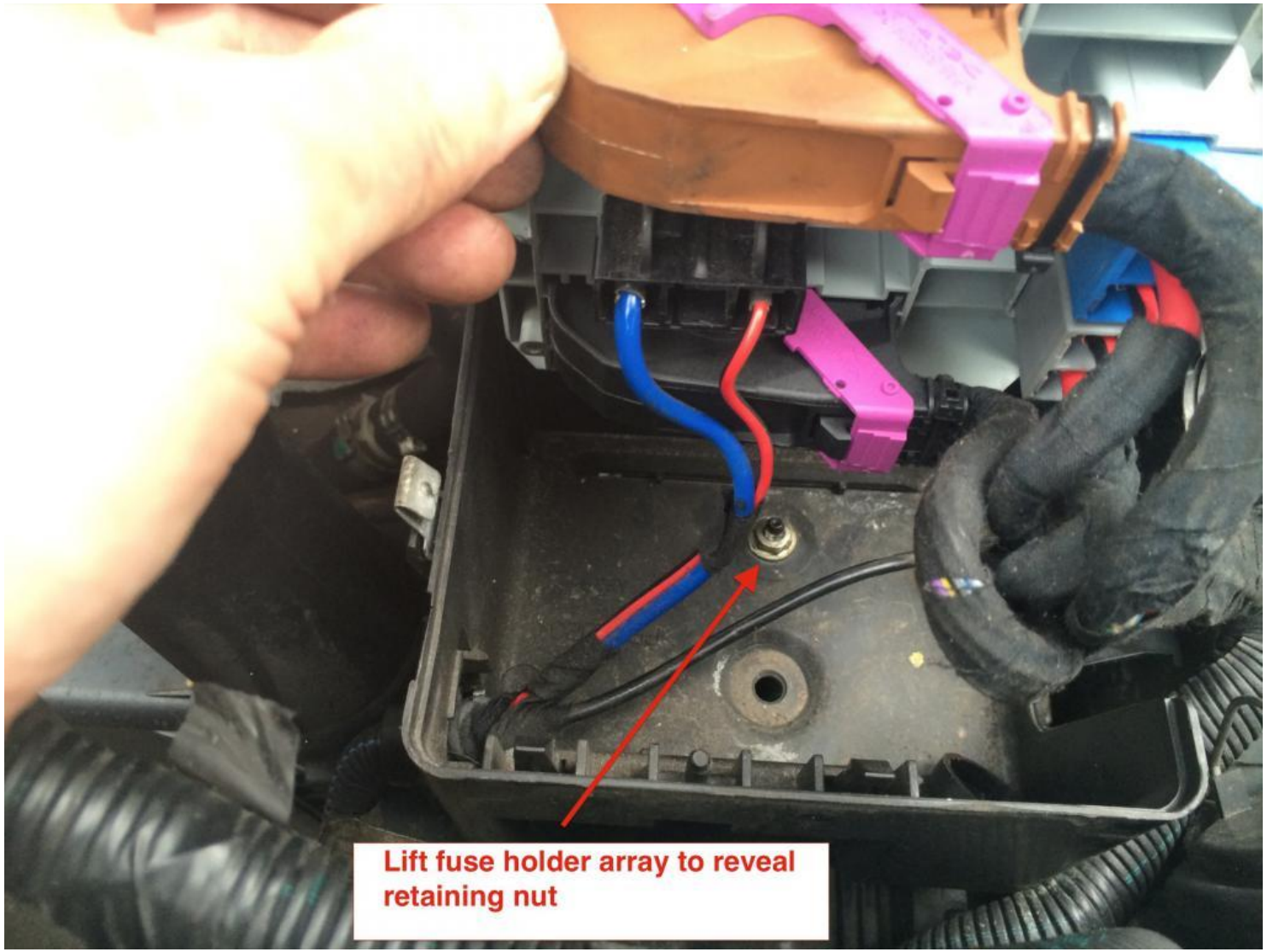
Remedy Stiff/Heavy Clutch - GT JTDM

3. Remove fuse box assembly



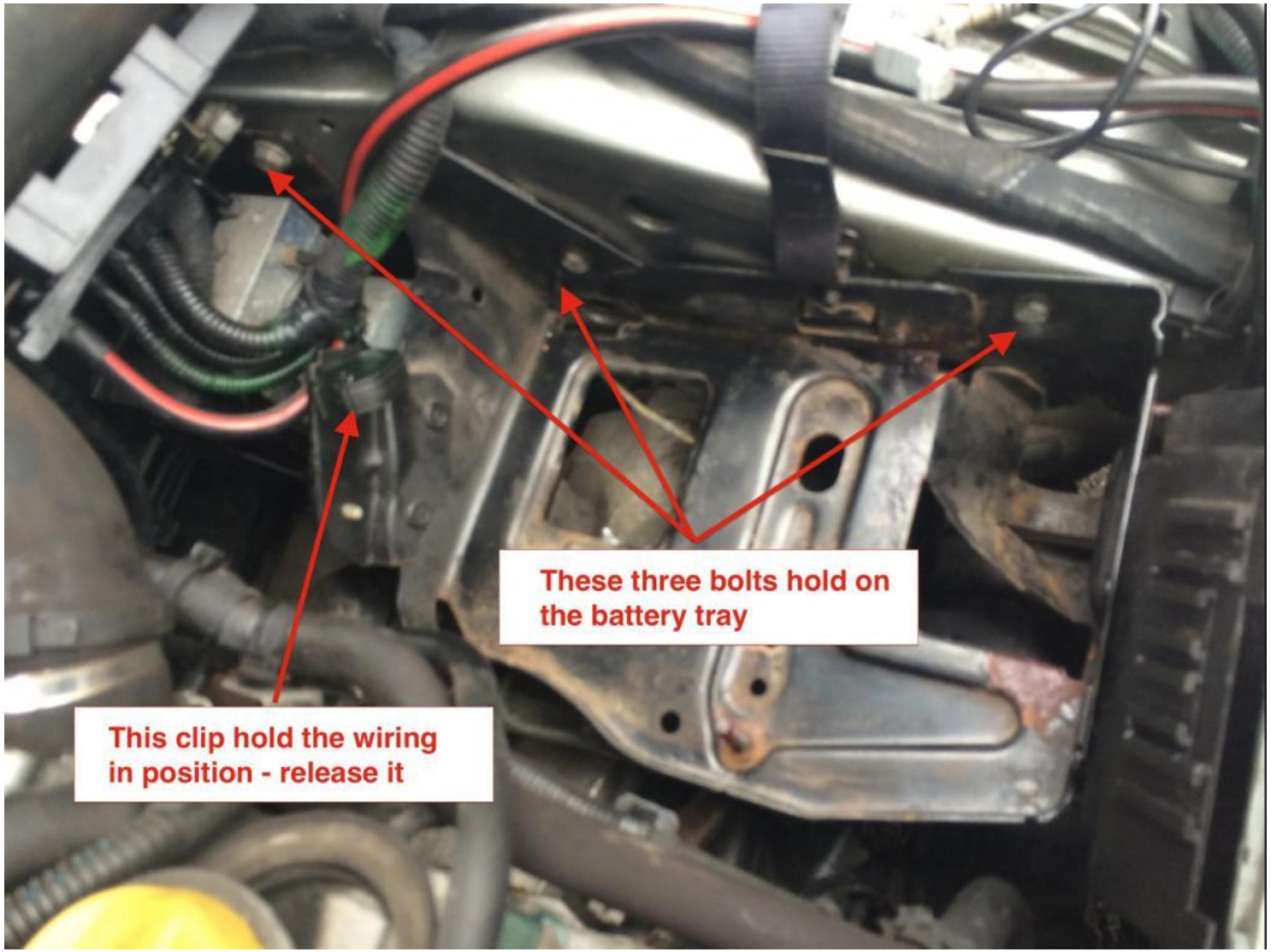
Remedy Stiff/Heavy Clutch - GT JTDM

3 Cont. – Remove retaining nut under fuse assembly



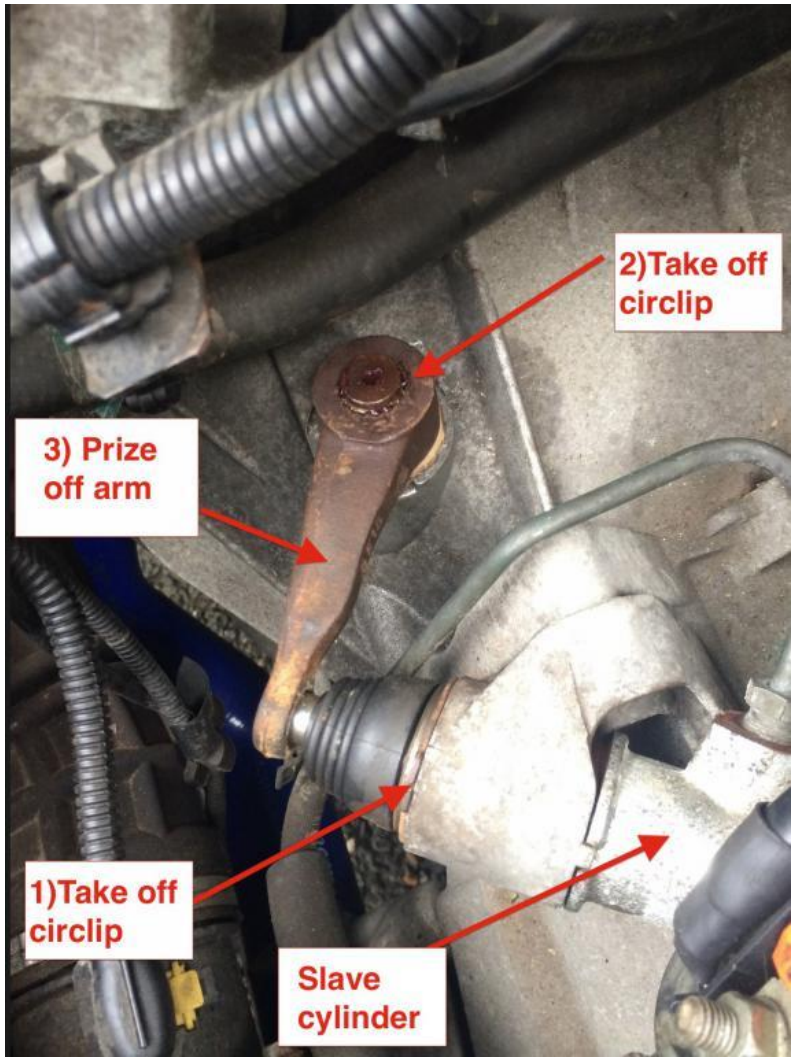
Remedy Stiff/Heavy Clutch - GT JTDM

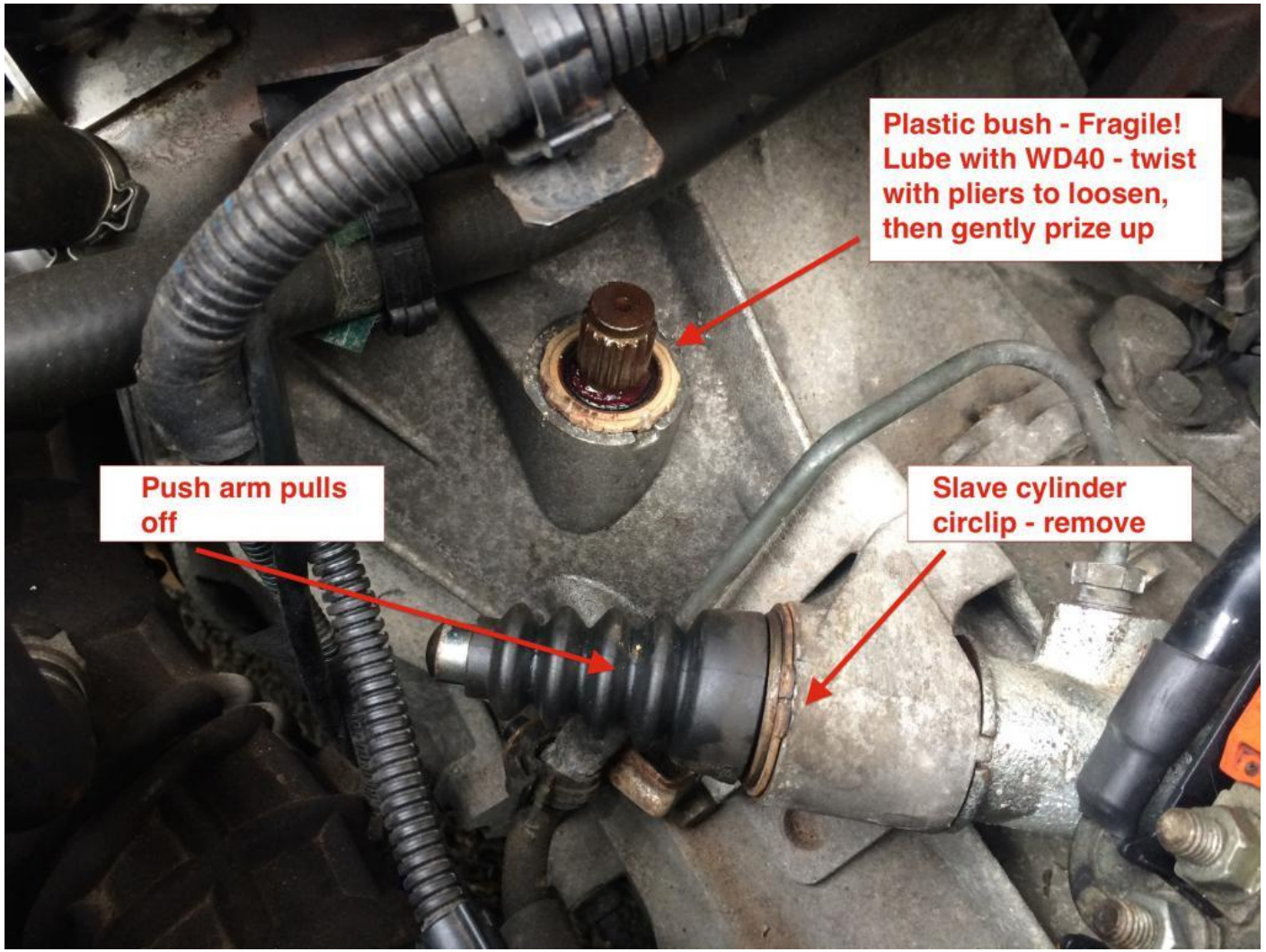
4. Remove battery tray



Remedy Stiff/Heavy Clutch - GT JTDM

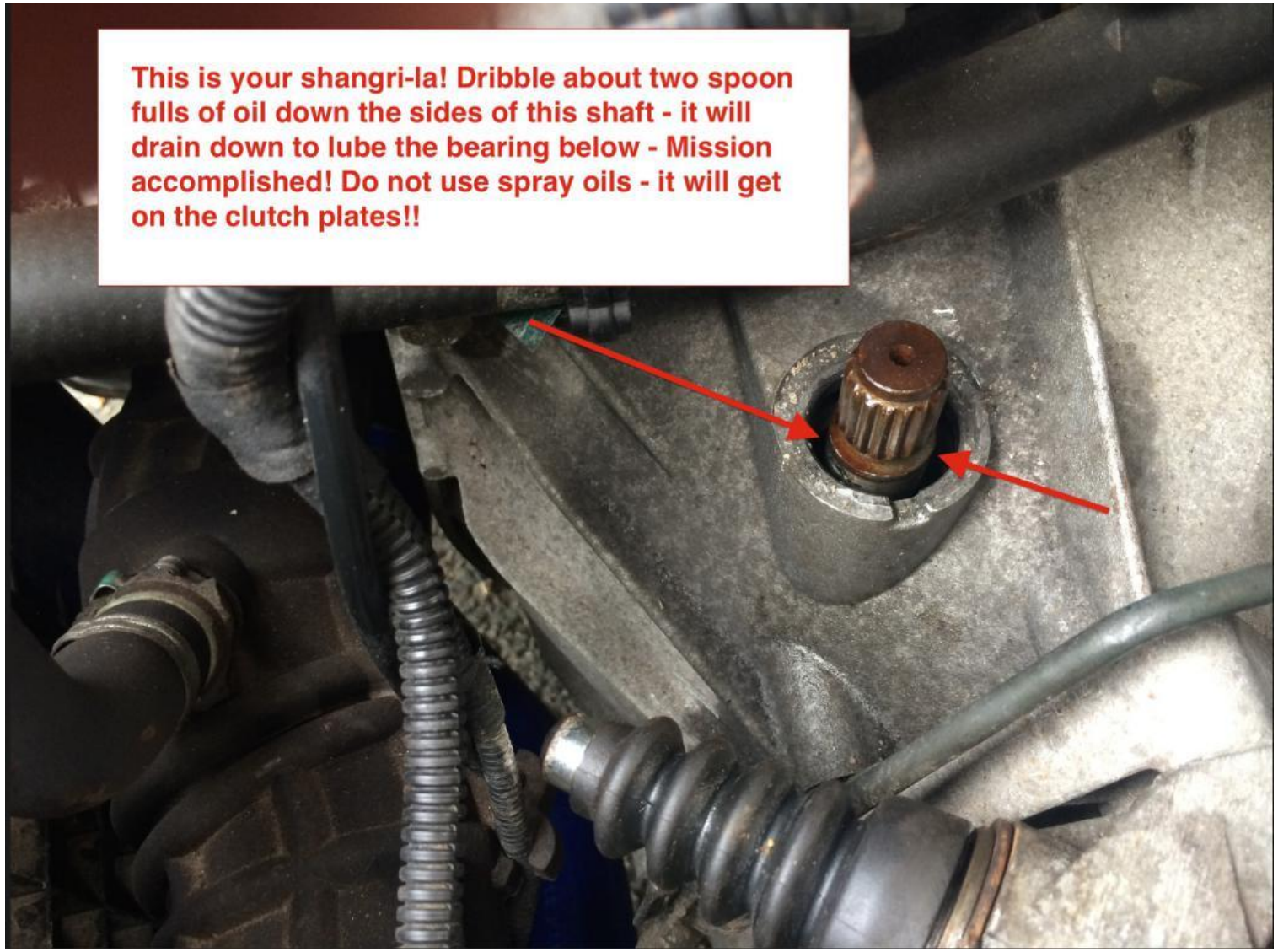
5. Remove circlips on slave cylinder and actuator arm – spray both areas with WD40
6. Remove cap from clutch fluid header, push slave cylinder back
7. Remove actuator arm from below (e.g. tap up with hammer), spray WD40 on the bush underneath and remove




Plastic bush - Fragile! Lube with WD40 - twist with pliers to loosen, then gently prize up
Push arm pulls off
Slave cylinder circlip - remove

Remedy Stiff/Heavy Clutch - GT JTDM

8. With the shaft exposed, carefully dribble two spoonful's of oil (3 in 1 is fine) **DIRECTLY** onto the shaft. It'll flow down and lubricate the hidden bearing.


This is your shangri-la! Dribble about two spoon fulls of oil down the sides of this shaft - it will drain down to lube the bearing below - Mission accomplished! Do not use spray oils - it will get on the clutch plates!!

Remedy Stiff/Heavy Clutch - GT JTDM

9. Admire your actuator arm for a couple of hours, then reassemble in reverse order.